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SUPERINTENDENT OF
PUBLIC INSTRUCTION

FOOD SERVICE

**ADMINISTRATIVE POLICY #8
SCHOOL YEAR 2004-2005**

SUBJECT: School Meals Program
Minimum Fruit/Vegetable Portion Size and Qualifying Meal Components

DATE: February 17, 2005

On June 13, 1995, the United States Department of Agriculture submitted its final rule for the School Meals Initiative for Healthy Children. The nutrition goals for school meals in that rule are as follows:

- Recommended Dietary Allowances (RDA)
 - 1/4 RDA for school breakfast
 - 1/3 RDA for school lunch
- Age appropriate calorie goals
- Dietary Guidelines for Americans

To help ensure school meals are meeting these goals and that students are receiving balanced and nutritious meals, the Michigan Department of Education policy requires the following in Food Based Menu Planning Systems (Traditional and Enhanced):

- One entrée/menu item can count for three components of a reimbursable meal under *Offer vs. Serve*. Examples include:
 - ✓ a hamburger with bun, meat, lettuce, and tomato,
 - ✓ a taco with shell, meat, lettuce, and tomato,
 - ✓ a sub sandwich with bread, lettuce, tomato, and meat/cheese.
- The minimum portion size for a fruit/vegetable to count as part of a reimbursable meal is 1/4 cup.

This policy is a partial re-issuance of the December 1982 Administrative Policy Memorandum #10 along with the August 1996 Food Scoop article titled *Offer versus Serve Policy Altered for Food Based Menu Planning Systems*. The USDA nutrition standards for school meals can be found at 7CFR210.10, <http://www.fns.usda.gov/cnd/Governance/regulations/7cfrpart210.pdf>.

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